



Get Cooking

Recipes: Use your leftovers

Safety: Make sure to ask an adult to help when using a grater, knife or cooker.

Banana Oat Cookies

Don't throw out your brown bananas! The riper (brownier) the bananas are, the more sweetness they will add to baking or smoothies thanks to their natural sugars. These yummy oat cookies are made with apples, bananas and honey instead of sugar and are fun to make and eat.

Ingredients

2 apples
2 ripe bananas
130g porridge oats
1 tablespoon of honey
1 teaspoon of cinnamon
75g of raisins (optional)



Method

- Preheat the oven to 180°C (Gas mark 4) and spread some greaseproof paper on a baking tray.
- Carefully grate the apples using a cheese grater.
- Place a sieve on a large bowl and put the grated apple in the sieve. Use your hands to squish the apple against the sieve so that as much of the juice as possible drains into the bowl. (You won't need this juice for the cookies so drain it into a glass to drink!)
- Mash the bananas with a fork and mix in all the rest of the ingredients until combined.
- Place tablespoons (or dessert spoons) of the mixture onto the prepared baking tray and press with the back of the spoon to flatten. If using raisins, press them down into the mixture to make sure they don't burn at the top of the cookies.
- Bake for about 30 minutes until golden brown.

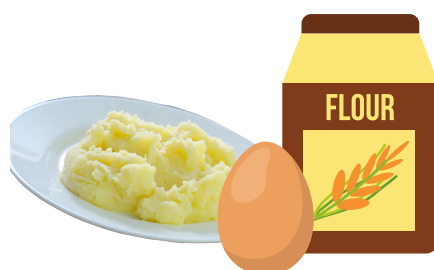
Potato Cakes

Leftover mash makes yummy potato cakes for breakfast or a snack.

Ingredients

500g cold mashed potato
100g plain flour
1 egg, beaten
1/2 teaspoon dried mixed herbs
2 teaspoons vegetable oil

into one smooth piece (you might not need to use all of



Method

- In a big bowl, mash the egg into the potato using a potato masher. Add the mixed herbs.
- Mix half the flour into the potato mixture using a wooden spoon. Then add a little bit at a time while using your hands to mix it together until the mixture comes together
- Fry gently in a pan with vegetable oil over a medium heat 5-10 minutes until lightly browned, then turn with a spatula and fry on the other side.



**Irish Heart
Foundation**